This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims (previously presented) 1 – 21, 28 and 30-52

22. (previously presented) A tissue anchor as set forth in claim 54 wherein the recess forms a hexagon.

23. (previously presented) A tissue anchor as set forth in claim 54 wherein the elongate member forms a seat for the head.

24. (original) A tissue anchor as set forth in claim 23 wherein the seat is a ring.

25. (original) A tissue anchor as set forth in claim 24 wherein the ring is less than a complete circle.

26. (original) A tissue anchor as set forth in claim 24 wherein the ring is a complete circle.

27. (original) A tissue anchor as set forth in claim 24 wherein the ring has the same outer diameter as the open, helical structure.

29. (previously presented) A tissue anchor as set forth in claim 54 wherein the modular head includes an opening which will receive a suture.

53. (delete)

54. (currently amended) A tissue anchor comprising a rigid, biocompatible, elongate member which is made of titanium[, surgical grade stainless steel,] or a bioabsorbable material, which is about 0.4 to about 3 millimeters in cross-section and which forms an open, helical structure having a length from about 3 millimeters to about 75 millimeters, and an inner diameter of from about 1.5 millimeters to about 15 millimeters, an insertion tip and at a second end, a modular attachment head which cooperates with said open helical structure for attachment in tissue and which has a tissue interface surface that is substantially the same size or smaller than the outer diameter of the helical structure to permit the head to be capable of being countersunk in the tissue and which comprises of titanium[, surgical grade stainless steel] or a bioabsorable material and which has a recess for driving the anchor into the tissue.

55. (new) A tissue anchor comprising a rigid, biocompatible, elongate member which is made of surgical grade stainless steel which is about 0.4 to about 3 millimeters in cross-section and which forms an open, helical structure having a length from about 3 millimeters to about 75

millimeters, and an inner diameter of from about 1.5 millimeters to about 15 millimeters, an insertion tip and at a second end, a modular attachment head which cooperates with said open helical structure for attachment in tissue and which has a tissue interface surface that is substantially the same size or smaller than the outer diameter of the helical structure to permit the head to be capable of being countersunk in the tissue and which comprises of titanium, surgical grade stainless steel or a bioabsorable material and which has a recess for driving the anchor into the tissue.